

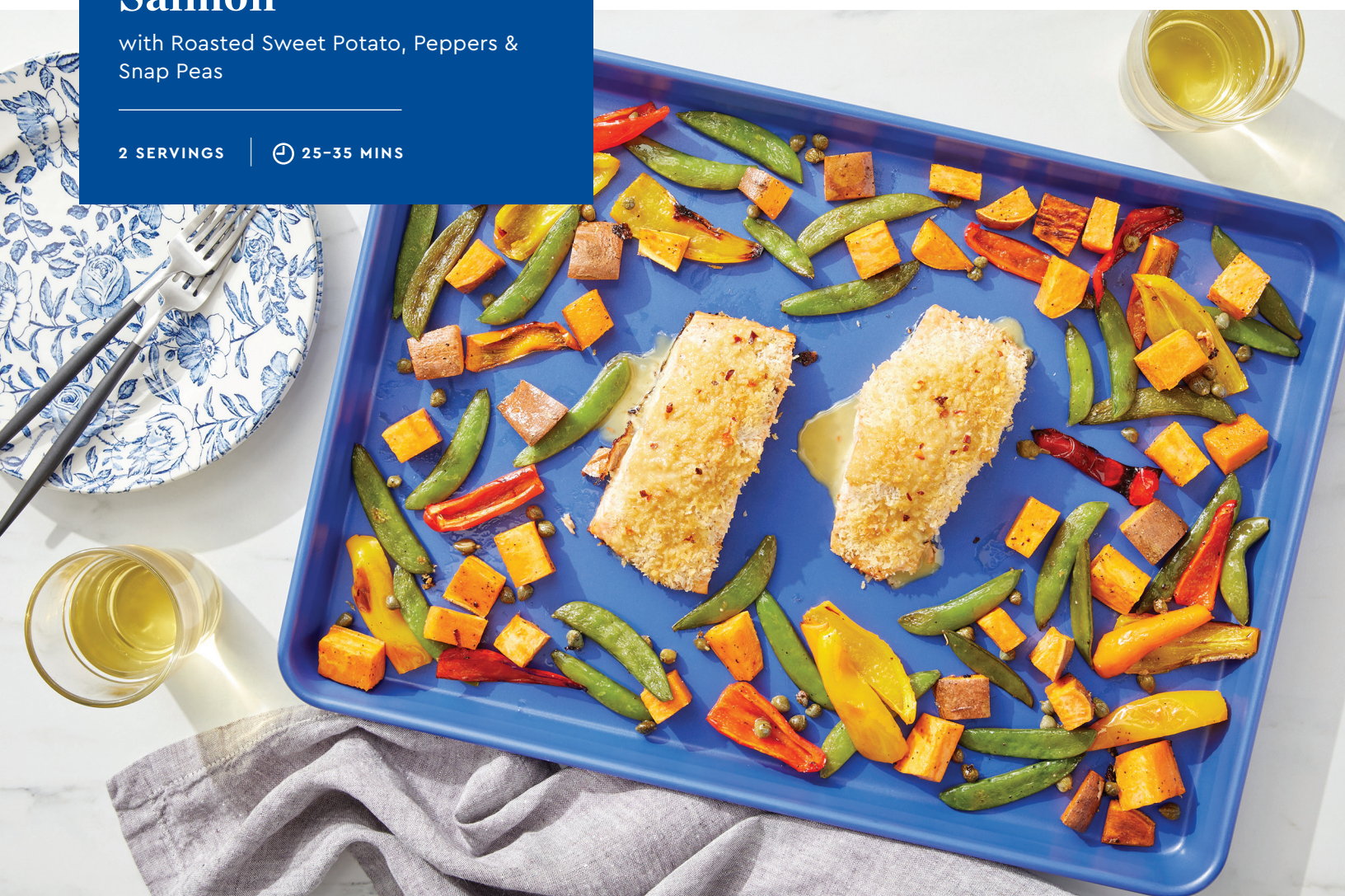
# Sheet Pan Spicy Maple-Mustard Salmon

with Roasted Sweet Potato, Peppers & Snap Peas

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients



2 Skin-On Salmon Fillets



4 oz Sugar Snap Peas



1 Tbsp Dijon Mustard



¼ tsp Crushed Red Pepper Flakes



¾ cup Panko Breadcrumbs



4 oz Sweet Peppers



2 Tbsps Mayonnaise



½ lb Sweet Potato



1 Tbsp Capers



1 ½ Tbsps Maple Syrup



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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"Alexa, find Blue Apron recipes."

### 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potato**.
- Cut off and discard the stems of the **peppers**; remove the cores. Quarter lengthwise.



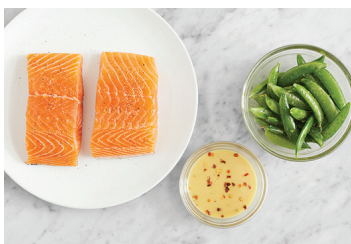
### 2 Start the vegetables

- Transfer the **diced sweet potato** and **quartered peppers** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes. Leaving the oven on, remove from the oven.



### 3 Prepare the remaining ingredients & season the fish

- Meanwhile, pull off and discard the tough string that runs the length of each **snap pea** pod; place in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- In a separate bowl, combine the **mustard**, **mayonnaise**, **maple syrup**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; stir to combine.
- Transfer **half the sauce** to a separate bowl; set aside for serving.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.



### 4 Roast the fish & vegetables

- Arrange the **seasoned peas** in an even layer over the **partially roasted vegetables**.
- Carefully transfer the **seasoned fish**, skin side down, to the other side of the sheet pan.
- Evenly coat the fish with the **remaining sauce** and then top with the **breadcrumbs**, pressing gently to adhere.
- Roast 10 to 13 minutes, or until the vegetables are tender when pierced with a fork, the breadcrumbs are browned, and the fish is cooked through.\*
- Remove from the oven.



### 5 Finish the vegetables & serve your dish

- Transfer the **roasted fish** to a plate.
- Carefully add the **capers** to the sheet pan of **roasted vegetables**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **finished vegetables**. Top the fish with the **reserved sauce**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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